

# Brent - Emotional Wellbeing and Mental Health

Reducing community reliance on statutory services by building resilience and mutual support (volunteering) - an emotionally literate community.

Supporting effective collaboration (at a hyper local level) between the statutory providers and local community, focused on local empowerment and improvement.

## Why?

### Pre-COVID-19 challenges

- Inconsistent information at local level
- People not accessing support
- Lack of resource coordination

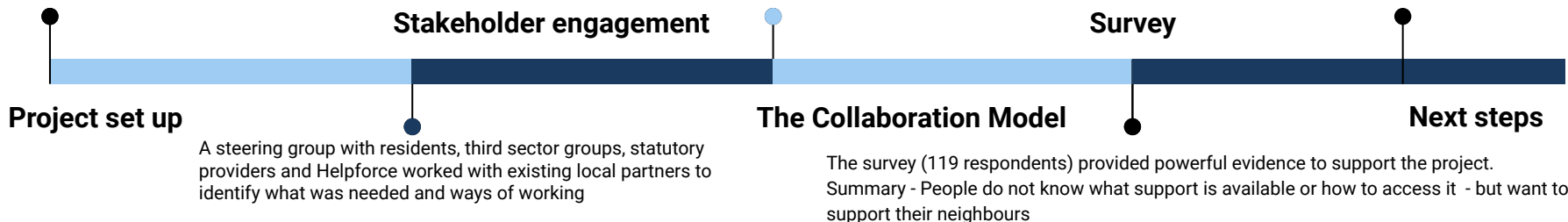
### COVID-19 challenges

- Exacerbation of health inequalities
- Poor cross-sector collaboration
- Access to funding

Brent Clinical Commissioning Group, Central and North West London NHS Foundation Trust and Helpforce agree to encourage greater volunteering in support of people's emotional wellbeing and mental health

By collaborating we can stimulate more volunteering, in our local communities, in support of wellbeing and mental health. We can identify and support people that typically providers have found hard to reach

Working with Hyper Local Forums alongside BHM (Community Champions involved) to determine what needs to happen next - supporting creation and delivery of action plans



## How?

### Lessons learnt

- Keep an open mind
- Build sustainability from the start
- Focus on hyper local engagement

### Principles

- Support culture change
- Give people the tools they need
- Influence system change